



## HILL VIEW BUSHWALKERS Inc.

# WALKER GUIDELINES

These guidelines are presented so that members may safely enjoy the HVB walks program.

### PRIOR TO WALK

1. **Ensure that you are fit enough** for the degree of difficulty of the walk. If in doubt discuss with the leader well prior to the walk.
2. Car pooling is recommended. A contribution to car costs is a common courtesy if you are a passenger in another member's vehicle. The Walks Program shows the recommended contribution for each walk.
3. Arrive at the starting point on time.
4. **Carry sufficient water** for the expected conditions of the walk, generally a minimum of one litre. Two litres or more may be necessary in hotter conditions.
5. Ensure you are suitably equipped including a **personal first aid kit, sunscreen, hat, food**, rain gear, whistle, torch and **appropriate clothing and footwear**. A map and compass may also enhance your enjoyment of the walk. A walking pole may also be of assistance.
6. **Ensure you sign the Risk Waiver Form** after reading the Risk Waiver and noting any risk warnings.
7. Carry your HVB Medical Record Card and Medicare number with you. If you are carrying an "EpiPen" please advise the First Aid officers. HVB strongly recommends Covid vaccination.
8. **Be aware**, that in the event of adverse weather, or transport disruption, a walk may be cancelled at short notice. In this (hopefully rare) event a leader (or nominee) will always attend the 'Starting Point' of the walk to inform walkers of the cancellation. The 'Starting Point' is always Turramurra Park or a nominated Station as shown on the Walk Program.
9. Remember to **bring a sense of humour** and adventure! Our leaders are all volunteers so please remember to be patient and kind.

### DURING THE WALK

10. **Follow the leader's instructions**. Remember your leader has your welfare at heart. Be courteous, co-operative and helpful to other walkers in the group.
11. Do not walk ahead of the leader/s.
12. **Do not allow yourself to become separated from the group**. If experiencing any difficulty such as pace, blisters, or shortage of water — advise the leader immediately. **Participants should maintain a line of sight with people in front and behind them**.
13. It is your responsibility to allow sufficient distance between yourself and the walker in front so that you are not injured by branches flicking back.
14. Do not leave the track - if on a track walk, or fall behind the person appointed 'tail' for any reason without advising the 'tail'.
15. Generally **you should not leave the walk prior to its conclusion**. However, should you find it necessary to leave the walk the following procedures apply:
  - a. If you leave the walk due to illness, discomfort or other physical reasons, or in the case of receiving emergency news that requires your immediate attention, you **must** advise the leader. If thought necessary, you must accept the leader's decision to send someone with you to accompany you out. Insurance will continue to apply under these circumstances.
  - b. If you leave the walk for personal reasons other than physical stress or emergencies, such as: making a decision to follow a route different to that of the group; curtailing your walk; amending the activity, etc. you **must** advise the leader. HVB responsibilities cease at that point and you may not then be covered by insurance. This applies notwithstanding that your departure may have been pre-arranged.

### AT THE END OF THE WALK

16. Ensure the leader/s is aware you have made it to the end of the walk.
17. Do remember to thank the leader/s - they will have already done a reconnaissance of this walk in the previous week or so, just to ensure that *your* walk is untroubled on the day!

*To promote health and pleasure through walking as a group*